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Alkalife™ Alkaline Booster Drops



Alkalife is a trademark registered alkaline concentrate designed to turn ordinary drinking water into strong alkaline water with a high pH level similar to alkaline water produced by an ioniser, i.e. pH 8.5-10.5.

It does not eliminate acid minerals in the original drinking water; it simply adds more alkaline mineral hydroxides to increase the pH value of the water.

Drinking alkaline water is the cleanest and most effective way to reduce acids. Alkaline water does not have any nutritional or medicinal value; all it does is neutralise and eliminate excess body acids by liquefying them and discharging them safely through the kidneys, thus improving blood circulation. When blood circulation improves so do many symptoms.

Alpha-Lipoic Acid & Acetyl-L-Carnitine

About Alpha-Lipoic Acid

This is a sulphur containing substance that acts as a co-enzyme. It may well be the perfect anti-oxidant. The body manufactures it, but supplementing it provides for benefits beyond carbohydrate metabolism. E.g. it is able to deactivate both water and fat soluble free radicals and thereby protect both lipoproteins and membranes, no other anti-oxidant is known to do this, and therefore may help slow the aging process and improve well being.

About Acetyl-L-Carnitine (ALC)

This is used to transport long chain fatty acids to the cells, where they are 'burned' to produce energy. Useful for improving muscle strength and energy to burn fat more efficiently. Works well with Alpha-Lipoic acid to improve energy levels and possibly retard the aging process.

Astragalus

A superior tonic root in Chinese medicine, Astragalus strengthens the body's resistance and is said to invigorate and promote tissue regeneration. As a non-specific immuno-stimulant and protector of adrenal cortical function, it is possibly useful for patients undergoing radiation and chemotherapy as well as environmental allergies.

Barley Grass Juice Powder

Barley grass juice powder is an exceptionally nutritious food and also a good blood builder. Japanese health researcher Hagiwara states that the leaves of cereal grasses provide the nearest thing to perfect food that this planet offers. It contains an abundance of phytochemicals including antioxidants known to protect the body from free radical damage. Barley Grass Juice offers a chlorophyll-rich whole food with a natural balance of beta-carotene, proteins, minerals, amino

acids, active enzymes and vitamins C and E , B1, B2, B3 and B6 among others.

In addition, Barley Grass Juice is said to help reduce inflammation and pain, benefit pregnant and lactating women, help protect against and to detoxify radiation in the body, heal wounds and promote bowel health and regularity.

Ordinary dried Barley Grass is approx. a five times concentrate of the fresh grass. Barley Grass Juice is approx. a fifteen times concentrate. The low nutrient hard to digest cellulose is discarded leaving only the juice that is then dried using a spray dry technique.

Bee Pollen

More chemical constituents - 22 in all - are found in flower pollen than in any other botanical, and in higher concentration, on the whole than in other concentrated nutrients such as royal jelly, micro algae and yeast. Bee pollen is low in calories and sodium and comes in small pellets that melt on the tongue.

Bio2 Nitro2 Greens

Bio2 Nitro2 Greens is a complete oxygen enhanced multi terrestrial and aquatic food supplement.

It is reported to energise and improve intestinal condition and function. It is rich in natural Chlorophyll, ideal for cleansing and de-odourising, can improve oxygenation, is completely natural and comes in certified organic vegetarian capsule form. Its main components include, Green Barley, Spirulina, Apple Pectin, Wheat Grass Powder, Chlorella, Royal Jelly, Broccoli, Aloe Vera, Gingko Biloba, Bilberry extract and Vitamin C.

It is an ideal way of getting full nutrition plus valuable oxygen to boost the body in these days of pollution, junk food and food additives.

Blood Cleanse & Tonic

The Blood Tonic contains 10 Herbs

1. **Echinacea.** Reported to be highly beneficial in boosting the immune system. It is said to inhibit some forms of detrimental bacteria, i.e. streptococci & staphylococci aureus, to help prevent the common cold, influenza and to suppress many viruses.
2. **Burdock.** Reported to stimulate the secretion of bile from the gall bladder and to restoring gall bladder and liver function. It is reputed to be highly beneficial in alleviating eczema and psoriasis.
3. **Gotu Kola.** Research indicates an increase in the development and maintenance of blood vessels into connective tissue, to the lowering of blood pressure and improving the function of the heart. It is said that Gotu Kola can possibly heal chronic ulcers of the skin, and accelerate the healing of wounds.
4. **Red Clover.** Reported to increase haemoglobin levels in red blood cells. It is said to be very valuable in the prevention of some types of metabolic disease.

5. **Ginkgo Biloba.** It is said to reduce the tendency for clots and thrombi to form in veins and arteries, to improve blood circulation, and act as a powerful anti-oxidant. Ginkgo Biloba is reported to improve blood circulation and oxygen supply to the brain.
 6. **Chaparral.** Reported to increase vitamin C levels to the adrenal glands, improve liver and kidney function. Chaparral, it is said, reduces the painful symptoms of arthritis
 7. **Garlic.** Highly regarded in reducing the risk of heart attack, to improving blood circulation and strengthening blood vessels. Garlic is reputed to stimulate the appetite, the immune system and to help lower cholesterol levels.
 8. **Cat's Claw.** Regarded as a great healer. It's high anti-inflammatory properties are said to be valuable for alleviating intestinal problems including irritable bowel syndrome, diverticulitis and colitis. Cat's Claw is also said to be beneficial in cases of arthritis
- Horsetail and Poke Root are also included in minor amounts.

Brain Dementia Tonic

The Brain Tonic is a blend of tinctures made from :

1. Ginkgo Biloba Leaf
2. Gotu Kola Herb
3. Calamus Root
4. Rosemary Herb
5. Kola Nut
6. Cayenne Pepper

It is said that these herbs help to dilate the blood vessels in and around the brain, thereby allowing more blood and oxygen to circulate.

Part of a statement by Dr. Richard Schulze on Dementia:

"..... With regard to dementia, some people are toxically poisoned from the outside, some from the inside. It isn't getting out, or it's from emotional strain they couldn't deal with. Some from metal poisonings like aluminium. I've met people who were overdosed with aluminium from the fluorides, to the antacids to aluminium pots and pans.

So I think you have to take each case individually. This is true with any person who is sick with any disease. There is no such thing as Alzheimer's Disease, that's what I have discovered. We have had numerous people diagnosed with Alzheimer's who got better; they just came out of it; they are living normal lives today. Then of course, what doctors say is that it isn't Alzheimer's. They say that it was probably just a temporary premature dementia and then just write-off the recovery to preserve their ignorance.....'

Calcium Orotate/Magnesium Orotate

The German physician Hans Nieper used orotates clinically to treat thousands of patients for nearly every ailment imaginable. Calcium orotate was used by Nieper to treat bone loss and pain due to inflammation or osteoporosis, psoriasis, high blood pressure, angina pectoris, multiple sclerosis, encephalitis, retinitis, hepatitis, and colitis.

Calcium orotate is far superior to calcium carbonate inasmuch that it can penetrate the complex cell membranes

thus speeding bone and cartilage injury recovery, fractures etc. It is reported to be especially beneficial in cases of osteoporosis.

Neiper quotes.....' the results of calcium orotate therapy with juvenile decalcification and with osteoporosis of the aged, are completely satisfactory for the first time, especially in view of the absence of side effects. The very remarkable results in hip joint plastic surgery are due to a hardening of the bone with preliminary calcium orotate. The specific effect of calcium orotate on cartilage appears also to be of tremendous clinical significance.....'

Neiper also found calcium orotate to be a valuable aid to weight loss by causing suppression of the appetite thus resulting in smaller meals being eaten with no sign of side effects. Calcium orotate does not increase heart rate or blood pressure.

Magnesium orotate is used by athletes to increase endurance. It is also used to treat the symptoms of magnesium deficiency, including diabetes, hypertension, dementia, and osteoporosis, and to treat migraines, asthma, chronic lung disease, heart attacks, arrhythmias, blood vessel stiffness, atherosclerosis, and high blood pressure.

Calcium Orotate/Magnesium Orotate replaces our former Sango Coral Minerals and also remains at the same price. It is far superior and, to repeat, has no reported side effects. In depth leaflets are available by request.

Cat's Claw

Cat's Claw is a herb derived from the inner bark of a Peruvian vine. It has been used by the Ashanica Indians for hundreds of years as a great healer. Its high anti-inflammatory properties are reported to provide a valuable aid to recovery in cases of arthritis and rheumatoid arthritis.

Dr Brent W. Davis DC. who has been working with *Uncaria Tomentosa* (Cat's Claw) for a number of years, praises this herb for its remarkable ability to cleanse and help patients suffering with many stomach and bowel disorders including, Crohn's disease, diverticulitis, intestinal parasites, irritable bowel syndrome, colitis and urinary tract problems.

Dr. Davis stated that 'Cat's Claw appears to have so many therapeutic applications that it has few equals'. He further states that 'Cat's Claw is a world class herb which has the power to arrest and reverse deep seated pathology, allowing a more rapid return to health'.

Cat's Claw is said to be of great benefit for thrombosis. It may also help reduce the side effects of radiation and chemotherapy. It is also a powerful anti-oxidant. Cat's Claw may also help to prevent stroke.

It is available as a tincture.

China Sencha Green Tea

This particular green tea is of superior quality. Whether you require it as a health drink, or just for a nice light cup of tea. China Sencha Tea is ideal for Kombucha brewing, producing a light, gentle brew. It is documented in a British medical journal report that green tea is found to reduce the incidence of heart disease. It was also found to improve liver function.

CM Plus (Cetyl Myristoleate)

CM Plus, Cetyl Myristoleate is a type of fatty acid that occurs naturally in animals, nuts, vegetables and butter. Once it has been correctly extracted and prepared it can be taken orally, is easily absorbed and has high bio-availability. Arthritis, osteo-arthritis and rheumatoid arthritis and other auto immune disorders are said to be greatly assisted. CM Plus works by shutting down the self destruct sequence of the immune system.

Good therapeutic protocols, especially with arthritis have only limited success, the disease inevitably regaining a stronghold after temporary relief. It is reported that with CM Plus, all that is needed, is a 2 to 3 month course and the arthritic process shuts down permanently, no matter how serious the condition. Clinical trials indicate that 60% to 72% of persons taking Cetyl Myristoleate achieved improvement from just 30 days use. Persons taking Glucosamine along with CM Plus, a higher improvement.

Colloidal Gold & Silver

Some of the early-recorded uses of gold include treatment for arthritis, reducing pain and swelling in rheumatism, bursitis and tendonitis, skin ulcers, burns and even weight loss. Colloidal Gold is reputed to be a powerful rejuvenator for the glandular and nervous systems, and to have enhancing abilities on the brain functions.

It was also used in former times as an aid in the treatment of controlling the craving for alcohol, as an effective remedy for digestive disorders, to counteract and relieve depression, melancholy and anxiety. It's ability to stimulate is said to produce a peaceful positive effect on the brain.

Colloidal Sea Minerals

The trace minerals in natural balance used in this product are obtained from an area off the Australian coast where the ocean is unpolluted and meet the strictest requirements.

They are said to be the best source of trace minerals on earth as they are naturally in colloidal form and not only sustain plant and animal life, but also the human body. Colloidal Sea Minerals contain the full spectrum of all essential trace minerals from the sea in a balanced form, plus Pawpaw leaf/fruit and green tea.



Colloidal Silver

The natural, absolutely non-toxic antibiotic alternative for humans, animals, plants and even fish. Colloidal Silver is NOT a chemical compound containing silver, but pure metallic silver of sub-microscopic clusters of just a few atoms, held in suspension in pure water, by a tiny electrical charge on each atom. Silver is said to be a powerful, natural prophylactic/antibiotic with no side effects.

Research indicates that it causes little harm to human enzymes or any part of the human body chemistry. It kills over 650 disease-causing organisms in six minutes or less. Antibiotic resistant bacteria are said to succumb. When using for intestinal infections a little of the good intestinal flora will be destroyed, but this is easily redressed by taking a pro-biotic, such as live yoghurt whilst taking Colloidal Silver.

Dr Henry Crooks found that silver in the colloidal state is highly germicidal, quite harmless to humans and absolutely non toxic. He stated that it can be taken orally to boost the immune system, and applied topically in cases of eczema, acne, psoriasis or any skin problem.

Colloidal Trace Minerals

Everyone needs minerals to maintain healthy bodily function. As well as Oxygen, the body must have a fully balanced spectrum to maintain full health. As vitamins and minerals work closely together; and in order to get the utmost benefit from vitamins, it is very important to maintain the correct balance of minerals in the body. Our bodies are unable to correctly absorb minerals in their metallic form as found in the soil and rocks, whereas colloidal minerals, photo synthesised from plants are readily absorbed.

Colloidal minerals found in plants, are particles of minerals that are up to 1,000 times smaller than inorganic minerals and carries a negative (-) charge. This negatively charged form of mineral allows for easy assimilation into and use by the body.

Colloidal Trace Minerals are reported to provide a full spectrum of daily minerals in a simple aerosol spray container. No mixing or measuring: just a few sprays into the mouth a few times per day: you can pop it in your handbag or pocket for whenever you need it. Nothing could be simpler.

Deto₂x™ (Colon Cleanser & Conditioner)

Deto₂x is a revolutionary body cleanse System! It contains, a tremendous amount of oxygen trapped in the crystal like lattice shaped molecules (similar to air bubbles trapped in ice) of magnesium dioxide. Magnesium, in combination with oxygen, deodorizes the lower digestive system and helps the body to fight off pathogenic bacteria, parasites, yeast, etc. that may reside in the digestive tract.

The other ingredients, i.e., natural calcium, vitamin B12, vitamin C, and Citrus Bioflavonoids in this capsule help to boost the functioning of the immune system as the body goes through the this cleansing cycle.

Dia-Mend (Blood Sugar Supplement)

Dia-mend is a proprietary blend of organically grown African herbs that can reduce blood sugar levels by 60% or more. Dia-mend stimulates the pancreas (Beta cells) to produce more insulin through the process of regeneration of Beta cells. Dia-mend increases the transport system so more insulin reaches the blood. In the case of insulin resistance, where the insulin does not attach itself to the cell, Dia-mend upgrades insulin receptors at the cellular level to increase utilisation of

insulin by the cells.

Dia-mend is a 100% natural organic product that is nontoxic with no known side effects. It works powerfully to correct all areas of pancreas (blood sugar) imbalance.

Enzyme Complex (multi enzymes)

More than 5,000 metabolic enzymes have been identified that run the body chemistry and are involved in all body processes including breathing, talking, movement, behaviour, and maintaining the immune system.

Digestive enzymes have three main jobs: digesting protein (protases), carbohydrate (amylases) and fat (lipases). The Enzyme Complex contains all the necessary components to perform their respective jobs.

Graviola Herb (*Annona muricata*)

Graviola is also known as Soursop and Brazilian Paw Paw amongst other names. Graviola is a small evergreen tree growing up to 20 ft. high, with large, glossy, dark green leaves. It produces a large, heart-shaped, edible fruit, yellow-green in colour with white flesh. Graviola is indigenous to most of the rainforest areas in South and North America. All parts of the Graviola tree are used in natural medicine in the Amazon basin.

Graviola fruit and fruit juice are taken for worms and parasites, to cool fevers, to increase mother's milk after childbirth, and as an astringent for dysentery and diarrhoea. The seeds are used against internal and external parasites, head lice, and worms. The bark, leaves, and roots are considered sedative, antispasmodic, hypotensive, and nervine. The benefits of Graviola have only recently become known to Western medicine, and are one more reason why we should strive to save our rainforest resources. Graviola has long been used by the indigenous tribes of the Amazon basin as vermifuge, (wormer) fever-reducer, and as an astringent. Recent research has shown Graviola to have anti-depressant qualities as well as showing promise as a valuable aid in the fight against metabolic disease.

This product is 100% Graviola and does NOT contain fillers, grains, soy, yeast, sugars, binders, excipients, starches, or any synthetic materials. Each vegicap contains 605mg of Graviola.

Warning

Graviola is not recommended for pregnant or lactating women. Do not use in conjunction with prescription anti-depressants.

Herbal Intestinal Cleansing

Herbal Intestinal Cleansing is an alternative method of getting rid of the faecal residue which coats the colon. The colon of the average 40-50 year old is coated with as much as 2lb of faecal residue. This can reduce to as little as 10% the nutritional value extracted from food.

Herbal Intestinal Cleansing comes as a 2 part programme. The first part, in capsule form, is a stimulating tonic which strengthens and heals the entire intestinal tract. It stimulates peristaltic action (the muscular movement of the colon) halts putrefaction, disinfects and heals the mucus membrane lining of your entire digestive tract. It also serves to get you regular in preparation for part 2 of the programme.

Herbal Intestinal Cleansing Part 2 is a soothing mixture of Willow Charcoal and Clay. This will gradually draw out old faecal residue from the walls of the colon to be excreted by bodily function. This process will draw out poisons, toxins, antibiotic residues and heavy metals such as lead and mercury deposits from amalgam tooth fillings. It will also, it is said, remove over 3000 known drug residues.

When the 2 part process is complete and food value returns to the intestinal wall, the tissues are fed properly, peristaltic action is renewed and one should start to feel better, even (some say) 'REJUVENATED'.

Hyper-Mend (Blood Pressure Regulator)

Hyper-mend is a proprietary blend of organically grown herbs that can reduce blood pressure levels by 70% or more. Hyper-mend naturally increases the blood supply to the heart relaxing the smooth muscle and thus, by increasing the diameter (size) of the blood vessels, it regulates the blood pressure. It also lowers serum cholesterol, reduces blood viscosity (thickness) and arterial plaque build-up. Hyper-mend is a 100% natural organic product that is nontoxic with no known side effects.

Kidney Cleanse

The Kidney Cleanse Programme consists of 2 component parts.

- a. The Kidney flush, once again using every day ingredients, i.e.. lemon, lime, cayenne pepper, optional honey to taste and good filtered or bottled mineral water. This should be drunk first thing in the morning.
- b. The Kidney/ Bladder Cleanse and Tonic Tincture.

The Kidney Cleanse Programme is usually taken for a week, but always take the advice of your health practitioner.

Authentic Kombucha Continuous Fermentation Jar

Hand made in the UK with an attractive ceramic design. The jars are fired with a top quality acid resistant lead free glaze, making them ideal for Kombucha brewing. They come together with a stylish wooden tap used in the cider industry, material cover with elastic tie and a complete guide to Continuous Fermentation Brewing by Harald Tietze.

The jars are individually numbered and registered with their own unique Certificate of Authenticity, which may be of interest to collectors. There are three sizes available:



- CF1 15 litres approx. capacity. (26 pints) 38cms x 30cms approx.
- CF2 9 litres approx. capacity. (16 pints) 33cms x 26cms approx.
- CF3 6 litres approx. capacity. (10½ pints) 29cms x 24cms approx.

Authentic Kombucha Continuous Fermentation Jar Goblets & Jug Set

The Kombucha Matching Goblets and Jug Set comes ideally suited to the style of The Authentic Continuous Fermentation Jar in colour and decoration. They are fired with an acid resistant lead free glaze and come in a smooth semi matt finish. The goblets are designed to hold 4 fluid ounces, equal to the capacity of an ordinary wine glass, the jug to hold 8 -12 fluid ounces.

They are sturdy, dishwasher-proof, and make an attractive accompaniment to The Continuous Fermentation Jar. The Goblets and Jug Set comes in a choice of two collections, or as separate items.

Kombucha Electric Heating Tray

- * Simple and economical to use.
- * Cuts down on Kombucha fermentation time
- * Foolproof fermentation
- * Produces healthy new funguses
- * Easy to clean
- * Safe for glass and ceramic containers
- * 2 year guarantee

The Kombucha Electric Heating Tray comes in several sizes, Ref.1. Suitable for single brewing bowls 2. Suitable for 2 brewing bowls. 3. Suitable for 3 or 4 brewing bowls. 4. Ideal for the Continuous Fermentation Jar process. Available with standard UK voltage and plug. A USA voltage adapter is also available

Liver & Gall Bladder Cleanse

The Liver and Gall Bladder Cleanse Programme comes in 2 parts. The mild liver & gall bladder flush, a combination of every day ingredients, i.e. citrus juices, garlic, olive oil and ginger, which should be purchased as fresh as possible, followed by The herbal de-tox tea and the liver and gall bladder tonic provided by Harmonic Health. The programme comes with full easy to follow instructions.

Dr Richard Schulze the eminent herbalist, on who's work the cleansing programme is based, writes,.... "A woman recently came to me in severe pain, doctors told her that she had severe gallstones in the bladder and bile duct which would necessitate surgery. I started her on the mild flush using 2-3 cloves of garlic and 2-3 spoons of olive oil at a time. She did this for about ten days. The pain diminished and on a return visit to the hospital was told that her gall bladder was clear....."

M2 Neutraliser (Miracle 2)

M2 is, in the eyes of herbalists and naturopaths, “One of the most amazing consumer products ever discovered”. Typical use is just seven drops per day, or, for stubborn health conditions seven drops twice daily. This all natural product contains electrically engineered energised oxygenated water with minerals and energy beyond scientific measurement. It reduces the surface tension of bodily fluids and beneficially alters the electrical charges of colloidal components of the blood, delivering negatively charged oxygen to every cell in the body effectively detoxifying the body and aiding cellular hydration.

With the many earth elements in M2, the energy aids healing and does not over stimulate. The only downside appears to be a slight feeling of lassitude whilst the process of detoxification is taking place. Condition said to be helped include, metabolic disease, diabetes and lowering of blood sugar, sinusitis, skin conditions and fibromyalgia, cataract reduction, hair loss, aches and pains, in fact virtually any condition, the list is quite considerable. It can be added to your complementary products such as The Ojibwa Herbal Tincture featured next in this catalogue therefore reducing the surface tension of the products allowing a deeper ‘healing’ to take place. M2 soap is also available for skin conditions.

MSM Physiological Nutritional Sulphur

Sulphur is a vital, though often overlooked, nutrient in human metabolism. It is fundamental for the proper confirmation of extra-cellular body proteins. MSM is a natural form of organic sulphur found in all living organisms. It has a vitamin-like moderating or normalising influence on body functions. There appears to be a relationship between abnormal physiological symptoms and low MSM blood levels in human beings. A low concentration of MSM is being associated with adverse stress, both physiological and physical, organ and tissue malfunction, fatigue and susceptibility to disease.

MSM is reported to be able to normalise certain body functions in patients displaying physiological symptoms of stress, specifically gastroin- testinal upset, inflammation of mucus membranes, allergic reactions, drug hypersensitivity and inflammatory disorders including arthritis, muscle cramps, and infectious parasites. MSM is said to control acidity in the stomach, so giving aid in cases of ulcers.

MSM is said to be no more toxic than water. If you overdose, the extra MSM becomes inert and just passes through your system. Testimonials appear to indicate that MSM is particularly beneficial in cases of candida albicans, diabetes, diverticulitis, emphysema, chronic headaches, hypoglycaemia, allergies, alzheimer’s disease, and athletes foot. It is also reported to be good for a hang-over. MSM comes with a research and information leaflet.

MSM Lotion

MSM Lotion is a soothing lotion which, when applied to areas of thin skin is absorbed quickly into the system. It is a vegan based lotion of Almond Oil, Coconut Oil, Vitamin E, Oxy Serum and Colloidal Silver. It also contains Glucosamine a valuable cartilage builder in cases of Arthritis Anecdotal reports state that when applied directly to painful areas considerable relief is attained.

MSM Eye & Ear Drops

MSM Eye & Ear Drops are said to provide soothing and lasting relief without stinging, softening leathery tissue, equalising pressures, repairing damaged membranes, clearing up broken vessels and helping to remove floaters and other eye particles. MSM Eye drops are reported to be beneficial in cases of cataract and glaucoma by softening membranes and allowing fluids to pass through the optical tissues. It can also be used in the ear.

'Life Flo' MSM & Glucosamine Lotion

This lotion helps concentrate MSM & Glucosamine in the areas where it is needed most and will be of greatest benefit. It is said to dissolve scar tissue, surface blemishes, prevent blistering and remove the pain from second degree burns. The elimination of inflammation is reported to be greatly assisted.

It is said that MSM & Glucosamine Lotion can promote a healthy smooth soft elasticity to your skin.

Glucosamine Sulphate & MSM

Glucosamine sulphate is reported to be a safe and effective aid to recovery for osteo-arthritis. Glucosamine is said to stimulate cartilage cells to synthesise glycosaminoglycans and proteoglycans. It is reported to have a beneficial effect on inflammation, mechanical arthritis and immunological-reactive arthritis.

In the short term, Glucosamine has been reported to be effective in relieving pain and increasing range of motion in patients with osteo-arthritis. In a four week double blind trial in 200 patients with osteo-arthritis of the knee, Glucosamine sulphate was found to be as effective in relieving symptoms as Ibuprofen and other pain killers.

Though some gastrointestinal discomfort has been reported in some patients, the percentage is said to be very low. Apart from that, no untoward side effects have been recorded during trials.

MSM (Methylsulphonylmethane), as described on page 12 is said to be beneficial in physiological symptoms of stress gastro-intestinal upset, inflammation of mucus membranes and inflammatory disorders including arthritis. MSM is also reported to increase mobility in joints and to increase flexibility in muscles.

The combination of Glucosamine Sulphate and MSM is therefore thought to be a valuable aid for arthritis and general pain relief.

Nervine Tincture

For anyone of a nervous disposition or for conditions affecting the nervous system, Nervine Tincture is said to be very beneficial.

It contains,

1. Panax Ginseng, said to reduce stress, enhance the immune system, and sharpen the mind. It is also reported to

control blood pressure.

2. Gotu Kola, said also to lower blood pressure and improve the function of the heart.
3. Passion Flower, a powerful relaxant to the nervous system in cases of anxiety, tension, insomnia and hysteria.
4. St. Johns Wort also reported to be useful in cases of sleeping difficulty also anxiety, moodiness and low energy.
5. Skull Cap, said to be a great tranquilizer.

Nervine Tincture also contains Oats. Liquid Oxygen, Colloidal Silver & Gold and Colloidal Trace Minerals.

Noni

Noni (*Marinda Citrifolia*) has been a traditional and fundamental part of Polynesian medicine for hundreds of years. It is said to be a very valuable and important food supplement due to its ability to relieve pain.

Whilst Noni cannot be considered to be a cure for MS it is certainly reported to have a beneficial impact in alleviating the side effects, i.e. the pain. Noni is said to restore serotonin to the brain thus causing a favourable response in MS patients. It is also said to be very beneficial in cases of chronic fatigue syndrome.

Noni is reported to be valuable in cases of arthritis and osteoarthritis, metabolic disease, the regeneration of cells, to improving high blood pressure, varicose veins, digestive problems and improvement of digestion, enhancing the function of the thyroid and thymus glands, helping to ward off infection and to balance the bodies pH levels which affects ones ability to absorb minerals and vitamins.

It is an anti-inflammatory, an antihistamine and analgesic. The major key to Noni's effectiveness is that it contains significant amounts of proxeronine, which become xeronine when ingested. Xeronine helps the body to turn enzymes on and off. Anything that improves enzyme activity has wide ranging effects because all your body's functions depend on enzymes. Many nutritionists around the world insist that Noni is the missing piece of the health puzzle and should be included as part of everyone's daily nutrition as it helps us absorb valuable nutrients from our diet. Noni is 100% sun dried whole fruit powder.

Ojibwa Indian Herbal Tea Tincture

Ojibwa Indian Herbal Tea Tincture is a mixture of Burdock Root, Slippery Elm, Sheep Sorrel and Turkey Rhubarb Root. It was developed by Rene Caisse, a Canadian nurse, from an old Ojibwa Indian recipe. She called it Essiac; her name reversed. It is said to be a natural, non-aggressive holistic food supplement to promote healing. It is also reported to be able to stimulate the immune system to go into battle.

It is said that Rene Caisse found that it would normalise the thyroid gland, heal stomach ulcers and in general promote good health. Towards the end of her life Rene added four additional herbs to her recipe. Kelp, Blessed Thistle, Watercress and Red Clover, to potentise the four main herbs. Rene's use of the tea as an aid to recovery for metabolic disease, thyroid problems and intestinal conditions, was reported to be particularly beneficial.

The Ojibwa Indian Herbal Tea Tincture is produced by the accepted tincturing method: Cold soaking with organic rye alcohol. Maximum benefit from the herbs used is retained by this method. The use of organic rye alcohol is far preferable

due to the absence of chemical properties present in commercial alcohol.

The Ojibwa Indian Herbal Tincture contains all eight herbs. Ojibwa Indian Herbal Tincture is FULLY tinctured and is fully organic.

Olive Leaf (Glycerine) Extract

French biologists have discovered that an extract from olive leaves kills the herpes virus. Subsequent research demonstrated that the extract also destroys other viruses, bacteria and fungi.



It is said to strengthen the immune system and to be invaluable to people with a low resistance to disease. Olive leaf extract is reported to act in preventing the onset of colds, flu, and a range of viruses, bacterial infections, fungal attacks and parasites. Rising numbers of antibiotic resistant micro-organisms in today's world increase the relevance and importance of natural products with antibiotic qualities. Olive leaf extract is one such valuable remedy.

Arnold Takemoto, an American biochemist, has found that olive leaf extract is a "valuable addition against chronic fatigue syndrome" (ME) - sufferers are said to be greatly helped due to its energy giving and anti-viral properties. Other researchers have discovered that olive leaf extract can relieve heart beat irregularities and improve blood flow to the heart. It has been found to be beneficial in cases of candidiasis and other fungal infections.

In his book -'Olive Leaf Extract'- Dr. Morton Walker documents HIV and AIDS cases who used olive leaf extract therapeutically. Results were quite favourable, far more so than any results from AZT. Some cases showing a dramatic lowering of organisms per millilitre of blood.

In Spain, pharmacologists learned that it causes relaxation of the artery walls, suggesting a possible benefit for hypertension. Italian researchers found it beneficial for lowering blood sugar and uric acid levels in animals, indicating its potential in cases of heart disease and diabetes. Olive leaf extract is a natural, non-toxic immune system builder. It is a safe, highly effective food supplement with potent and proven anti-microbial action with no toxic or other evident side effects even in high doses.

Olive Leaf Extract with Dark Grapes

This version of Olive Leaf Extract has all the qualities of the glycerine based product described earlier in this catalogue. It differs slightly, inasmuch that it is brewed with dark grapes and green tea in preference to glycerine. This gives the product a sweetness without the oily texture of glycerine (which some people may find a little hard to take) and makes it much lighter. It comes in 200ml bottles.

Oxy-Boost Activated Stabilised Oxygen

Many scientists were stunned recently when it was revealed that air bubbles trapped in fossilised amber had been analysed and found to contain oxygen levels of 38%. Yet today, it is well known that the average oxygen content of air is only 19%-21%. In other words, since the early history of the earth it appears that there has been a 50% drop in the average oxygen content in the air we breathe. This suggests that the human body was originally designed to operate at a 50% stronger concentration of oxygen than is currently available.

Research suggests there to be direct correlation between decreases in oxygen levels and seemingly concurrent increases in human illness and disease.

...German bio-chemist Dr. Otto Warburg who was awarded the Nobel prize for his research into the cause of cancer, was convinced that cancer cells can only begin to proliferate in the human body when the cells become oxygen deficient. Furthermore, his research showed that cancer cells cannot proliferate at all when exposed to an oxygen-rich environment'.
- (Bio- Tech News, Portland, Oregon, USA)

Oxy-Boost Activated Stabilised Oxygen is based on a new generation of super oxygenation technology developed by Dr. William Koch M.D. Ph.D. which was later utilised by NASA for the space research program. It is a safe, non-toxic, supplement containing stabilised oxygen molecules in a liquid solution of sodium chloride (salt) and distilled water. When taken orally as a daily supplement (5-10 sprays into the mouth under the tongue or 10-15 sprays into a glass of water or juice, three times per day), it makes pure oxygen available to be absorbed directly into the bloodstream. This gives your body's cells and tissues the extra oxygen needed to fire your body's vital oxidising processes.

Stabilised oxygen, it is said, can accelerate the results of herbal, vitamin, enzyme and mineral complementary supplements, boost energy levels, strengthen the immune system, heighten concentration and alertness, rapidly kill infectious bacteria, viruses, fungi and parasites without harming beneficial micro-organisms needed by the body.

Dried Papaya Leaf (Pawpaw)

The fruit of the Papaya, or Pawpaw, (*carica papaya*) is well known for its nutritional qualities, as an aid to the digestion of proteins and to generally promoting health and healing. There is also increasing evidence that the leaves may be a valuable means of fighting metabolic disease, and relieving digestive problems. In fact, in the past few decades, papaya has been used extensively sometimes with dramatic results. All parts of the papaya are reported to be valuable aids to recovery, but especially the leaves, stems and roots. It has long been recommended by the Australian Aborigines as a valuable healer. The papaya leaf comes with easy to prepare instructions which can also be downloaded from our website.



Dried Mature Green Papaya (Pawpaw) Fruit

Mature Green Papaya (Pawpaw) Fruit contains an excellent source of enzymes, minerals and vitamins. Mature Green Papaya Fruit contains more vitamin A than carrots, more vitamin C than oranges abundant vitamin B factors and vitamin E. Mature Green Papaya Fruit also contains a complex of enzymes that help to digest proteins, carbohydrates and fats. It possesses antiseptic qualities and helps prevent the abnormal proliferation of undesirable bacteria in the intestines.



Papain found abundantly in the Mature Green Papaya Fruit, is said to help cleanse the tissues and intestinal walls of waste matter in the form of mucus and dead tissue. Papain is harmless to living tissue and is a must for the maintenance of a healthy intestinal tract. In its conveniently dried form you can sprinkle it on your morning cereal, add it to salads or fruit salads or any way that takes your fancy.

Papaya Leaf Liquid Super Concentrate (Pawpaw)

Papaya leaf liquid super concentrate comes in two varieties. **Papaya 35**, a super concentrate of papaya leaves, seeds and fruit; all reported to be valuable aids to recovery. **Papaya 50** is a super concentrate of pure papaya leaf extract and pressed Kombucha cultures, two products in one. Until recently papaya extract (pawpaw) was only available from Australia. It is now regularly available from Harmonic Health, sole UK distributors, at a realistic price. The concentrated extract comes complete with usage instructions.



Guava and Papaya (Pawpaw) Super Concentrate



Scientists have discovered that an extract from the guava plant has similar painkilling qualities to morphine without causing addiction or withdrawal symptoms. It has long been known in folk medicine as a treatment for diarrhoea. For anyone experiencing pain, by whatever cause, combined with the need for the aid to recovery of papaya, Guava and Papaya concentrate is reported to be of great assistance.

It comes in a super concentrated form similar to Papaya 35 and Papaya 50.

Papaya 5 Range with Valuable Herbal and Vegetable Additions

Papaya 5 with Red Clover

Red Clover is reported to be one of the most valuable herbs available as an aid to recovery for metabolic disease and prevention. It is said to clean the skin, reduce the discomfort associated with psoriasis and to relieving itching associated with hives and kindred ailments when applied topically as a red clover tea. Red Clover contains valuable calcium and iron.



Papaya 5 with Dandelion

Papaya 5 is a papaya leaf extract with Kombucha and less concentrated than Papaya 35 and Papaya 50. The range also contains valuable additional herbs and vegetables each with specific purposes as aids to recovery. They are extremely valuable for prevention and maintenance, or simply to promote general good health.

Dandelion is reported to help purify the blood, to improve blood circulation and to be particularly good for the digestive system. It is said to aid constipation, colitis and gallstones.

Dandelion is also reported to be a good kidney cleanser for the elimination of toxins from the body. It is also reported to be a good liver conditioner. Arthritis and rheumatism symptoms are said to be greatly helped.

Paracleanse Parasitic Cleanser

Parasites, such as pinworms, tape worms, hookworms, ringworms, whipworms, roundworms and the microscopic Giardia lamblia are assumed to be a serious third world country problem. Not so. Parasites know no boundaries. More than 80% of the worlds population is said to be infected, sizes ranging from microscopic to 20 feet in length.

Parasites are constantly feeding on the human body by way of the colon, small intestine, bloodstream and many organs of the body and constantly infecting the body with their waste. Symptoms of parasitic infestation run a wide range. Roundworms cause fever, cough and intestinal problems. Hookworms cause anaemia, abdominal pain, diarrhoea, malnutrition and even under development in children.

Giardia lamblia, resembling the single celled amoeba is the most prevalent parasite today. It can cause diarrhoea, abdominal cramps nausea and fever to name but a few conditions. The tiny parasites can coat the inside lining of the small intestine and prevent the lining from absorbing nutrients from food. Most parasites are untouched by antibiotics. Therefore, purging the body of parasites is an essential part of any body cleansing programme.

Paracleanse is a harmonic blend of Wormwood, Black Walnut Hull, Cloves, Hyssop, Thyme, Gentian Root, Cramp bark, Peppermint and Colloidal Silver. It is a gentle but effective programme for getting rid of unwanted parasites. The programme to dislodge the uninvited guests can take some time, therefore, a strict dosage instruction is included with every order.

Peruvian Maca

Peruvian Maca is a hardy perennial plant cultivated at a high elevation in the Andes of South America. Native Peruvians have traditionally utilised Maca since before the time of the Incas. It was prized by the Incas and later by the Spaniards. Maca is now emerging from obscurity and near extinction to take its place among the most valuable herbs known to mankind.

Maca is a nutritional powerhouse especially rich in iodine. It is a reliable protein source containing significant amounts of amino acids. It is also rich in complex carbohydrates and essential minerals such as calcium, magnesium, phosphorus, zinc, iron and vitamins B1, B2, B12 and C. Maca is an “adaptogen” which, it is reported, helps restore balance or homeostasis to the body. It is said to be particularly useful in cases of immune system depletion, anaemia, menstrual disorders, menopause symptoms, thyroid problems, osteoporosis treatment and prevention, sterility and other reproductive and sexual disorders.

Maca has been used to increase energy and to promote improvement in both stamina and endurance in athletes. Body builders are said to be finding it a valuable alternative to anabolic steroids. Maca is a healthy choice for increasing energy because it is not a stimulant. It is said to be especially useful in cases of Chronic Fatigue Syndrome, adrenal exhaustion and to restoring energy and vigour to the elderly.

Most striking is the fact that Maca root contains natural substances that stimulate the pituitary and hypothalamus. These master glands of the body in turn trigger the ovaries, adrenals, testes, thyroid and pancreas to return to healthy functioning. Maca is a safe natural food supplement fully endorsed and used by many prominent doctors.

Pozzani Water Filters



Every good health programme should include pure drinking water. Filtered water is recommended for the propagation and brewing of the Kombucha fungus. The Pozzani ‘Kitchen Spring’ Water Filter can filter up to **10,000 litres of natural tasting water per re-placeable cartridge. Each cartridge lasts up to 6 months.**

The Pozzani ‘Kitchen Spring’ removes 99% of Chlorine and 85 - 90% of pesticides, herbicides, fertilisers, oil residues, metals such as lead, aluminium, copper, iron and cadmium. The Pozzani ‘Kitchen Spring’ comes complete with a wide range of tap colours and shapes. It has high quality finishes and is up-gradeable to a larger system if additional treatments are required. It comes with full fitting instructions, (simplicity itself), at a specially negotiated price.

Prolisan Soil Based Organisms (SBO's)

SBO's, Soil Based Organisms are tiny microbes that live in soil. SBO's produce and release powerful enzymes that sterilise the soil of putrefactive organisms and thereby help prepare the soil to support new plant growth. Without SBO's, lush plant growth would not be possible because the soil would be too contaminated with yeasts, moulds, fungi, candida and other harmful organisms.



Many people don't realise it, but many forms of SBO's as well as their enzyme, hormone and nutrient by-products, are unknowingly ingested into the human system with very beneficial results by way of fresh raw fruits and vegetables often straight from the fields or allotments. Unfortunately, human ingestion of SBO's and their beneficial by-products is far less common today due to modern food washing and processing techniques which tend to kill off most beneficial micro-organisms.

'Prolisan' contains a full spectrum of SBO's. When ingested it moves from the stomach to the intestinal tract and forms colonies of friendly beneficial bacteria which attach themselves to the intestinal wall. As food works it's way through the gastro intestinal system it drags some of the bacteria from these colonies further 'down the line'. These bacteria then attach themselves to the wall of the intestine, eventually, by way of chain reaction, friendly bacteria attach themselves to the entire length of the gastro intestinal tract.

Once the SBO's are established, they immediately begin eliminating all accumulated putrefaction in which harmful pathogenic organisms thrive. SBO's have the ability to get in behind putrefaction coating the walls of the colon and devour it away. The body's natural process then expels the detritus.

During the last twelve years, dramatic remissions have been reported from some of the most serious illnesses and chronic degenerative conditions by using SBO's. On-going health benefits have been reported such as virtual immunity from colds and flu, stronger digestion capabilities, elimination of constipation, increased energy levels, greater resistance to infection, quicker healing of wounds, elimination of yeast and fungal infections (ie. candida) and much, much more.

'Prolisan' SBO's contain no toxic, addictive or dangerous substances. It is totally harmless but highly beneficial in maintaining a healthy colon and good health. 'Prolisan' comes as an easy to take liquid.

Samson Matstone Juice Extractor

Features:

- The quickest and easiest cleaning (Within one minute)
- The simplest assembly and disassembly (only 15 seconds)
- A mill-type Single Gear instead of difficult Twin Gears
- Extracts healthy, pure juice without hazardous chemicals
- Superbly extracts juice from vegetables and fruit
- Also, can make Noodles, Pasta, Salsa, and Minced fish and meat
- Grinds herbs & Seasonings
- Extracts Sesame Oil
- In addition, the juice extractor comes with a 5 year guarantee.



SAMSON has a built-in control to prevent over-heating and restart when it has cooled down. You don't have to worry about over-heating!

Six Machines in One:

Vegetable Juice Extractor: SAMSON can extract healthy juices from carrots, celery, apples, spinach, wheat grass, mugwort, yam, arrowroot, herbs, parsley, asparagus, cabbage, sprouts, cucumber, and many other leafy greens. It can also extract juices out of aloe and pine leaves which no other existing juicers on the market have ever done before.

Fruit juicer: The low-speed screw prevents natural flavours and high nutritional contents from being destroyed.

Seasoning Mincer/Chopper: SAMSON chops and minces seasoning such as garlic, scallion, onion, red pepper, ginger, radish, and many others without destroying their natural flavour and nutrition.

Meat/Fish Mincer: SAMSON can mince all kinds of meat and fish together with chopped seasonings such as garlic, pepper and onion to easily prepare a delicious meal.

Food Mill: SAMSON can be used to make bread sticks, biscuits, and pasta from steamed rice. And noodles too!

Sesame Oil Extractor SAMSON can extract oil from sesame seeds.

Serrapeptase

The silkworm holds a treasure beyond the luxury of exquisite textiles. It's called serrapeptase: a powerful proteolytic enzyme that is said to dissolve all non living tissue, including blood clots, cysts, arterial plaque and inflammation in all forms. The mighty enzyme offers a viable alternative to salicylates such as aspirin and ibuprofen as well as steroids- a boon for those suffering from rheumatoid arthritis and a wide array of auto immune diseases that affect the inflammatory

response – including ulcerative colitis, psoriasis and allergies.

Serrapeptase is reported to ease pain and swelling with no inhibitory effects on prostaglandins and no gastro-intestinal side effects. Serrapeptase has had wide clinical use spanning 25 years throughout Europe and Asia.

The late German physician, Dr. Hans Neiper used serrapeptase to treat arterial blockage in his coronary patients. Serrapeptase is said to protect against stroke and cardiovascular disease. Varicose veins can shrink or diminish. A list of conditions helped include, - pain of any kind, arthritis, MS, rheumatoid arthritis, lupus, migraine (caused by inflammation) emphysema, bronchitis, bronchial asthma, sports injuries and traumatic swelling and inflammation of any kind.

Superfood (Dr. Richard Schulze Formula)

The Richard Schulze formula Superfood created in the early 1990s is consumed by literally millions of people in both America and the United Kingdom. It is an organic food drink containing spirulina blue-green algae, chlorella broken cell algae, barley, alfalfa and wheat leaf grasses, purple dulse seaweed, beetroot, spinach leaf, rose hips, orange and lemon peels in a base of non-fermentable saccharomyces and non-active cerevisiae nutritional yeast. It is a food tonic containing vitamins, minerals, amino acids and essential trace nutrients and plant based phytochemicals capable of supporting the well and the very sick, the overweight and the underweight alike. It can replace any normal meal or form a vital part of 'between meal eating' where extra nourishment and support is needed.

Phytochemicals, so many scientists believe, may be even more important for good health than vitamins and minerals. Superfood contains excellent quality organic and wild crafted/harvested plant ingredients entirely free from pollutants, contaminants and chemicals of any kind. The yeast used is non-active and is therefore suitable for use by anyone with a systemic fungal infestation e.g. candida. It is particularly good for vegetarians and vegans (Schulze himself is a vegan) as it provides essential nutrients like vitamin B12. It is ideal for persons prone to low blood sugar levels. Anyone can use it. Athletes or body-builders, the 'average' person simply interested in maintaining good health, or during convalescence as it requires minimal digestion.

It is excellent for toddlers, children and teenagers worried about 'weight' yet needing nutrition. For students away from home Superfood makes an ideal addition to canteen food. It is ideal for supporting women premenstrually, helping to balance the liver, hormones, sugar levels and mood swings.

Dr. Richard Schulze, the main apprentice of the renowned herbalist Dr John R. Christopher (1909-1983), devised this Superfood formula after realising that his patients were not getting enough nutrition from run of the mill modern day commercially available foods.

Wild Yam Root Supplement

DHEA is the primary hormone in the human body. Scientists are thinking that low DHEA levels could be the root factor for ageing and disease. Dr Julian Whitaker MD states in 'Health and Healing' that 'scientific research reveals that adequate DHEA in the body can slow the ageing process, prevent, improve and even often reverse conditions such as, heart disease, memory loss, obesity and osteoporosis.'

Dioscorea, a Herb derived from Wild Yam Root contains a virtual storehouse of valuable hormone precursors. Scientists can now extract a substance from the yam that helps in the maintenance of high DHEA levels. It should be noted that Wild Yam does NOT give you measured amounts of DHEA, but stimulates your body to produce the correct amount of it's own. Wild Yam Root is available as a lotion or a tincture.

Wild Yam Variations:

La Femme Yam Lotion

A soothing lotion that can be applied easily to large areas of thin skin, i.e. inner thighs, upper chest the abdomen and soles of the feet. DHEA precursors contained in the lotion (main constituents Wild Yam, Chaste Tree & Gotu Kola Herbs, Damiana Leaf, Clary Sage, Almond Oil, Coconut Oil, cold pressed Aloe Vera, Vitamin E, Colloidal Silver, MSM, Stabilised Oxygen and essential oil), are absorbed into the body quickly. It can be applied to joints etc. and is reported to help with the alleviation of inflammation and pain.

La Femme Yam Tincture

This is the endocrine balancer used so successfully by Dr. Richard Schulze in his herbal treatment of the many hormonal problems of modern woman. It is a blend of crystal elixirs and herbal extracts of Wild Mexican Yam, Chaste Tree, Gotu Kola, Damiana Leaf, Liquorice Root and Colloidal Silver.

Male Hormone Balancer Tincture

This is the male equivalent of La Femme Tincture, specially geared to male hormone problems, providing precursors for the body's production of testosterone.

Yamoa Asthma Supplement

There are three million asthma sufferers in the UK and the number grows by 50% every decade. Yamoa, new to this country is reported to be highly beneficial for the alleviation of asthma, hay fever, rhinitis, sinusitis and bronchitis with no side effects.

Yamoa is a 100% natural food supplement made from the powdered bark of the rare *Elastica* gum tree found in Ghana and West Africa, and has been used for generations for combating asthma and kindred ailments. Though taken as a four week course, persons should see significant improvement, it is said, within one week.

Since 1994 about 800 asthma and hay fever sufferers have tested Yamoa voluntarily. Over a period of three years, the recorded success rate is 90%. Workers at Nine Elms Postal Service in London have unofficially tested Yamoa. The Communication Workers



Union Area Health and Safety Representative gave an official endorsement to its effectiveness.

The recommended treatment time is quoted as two months, though many have found that one month is sufficient. It is suitable for adults and children alike. Yamao comes in easy to swallow capsules.

Disclaimer

Products listed in this catalogue are holistic, complementary supplements. We do not intend to prescribe, diagnose, or give false hope. Whilst each product seeks to demonstrate its benefit for disorders in the human body, it is stressed that at no time should any item be considered a substitute for professional medical supervision. People with health problems should consult their health practitioner. Before undertaking any course of complementary herbs, it is advisable for all prospective purchasers to inform their health practitioner of their intentions